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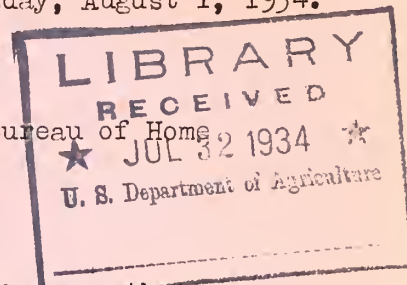
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HOUSEKEEPERS' CHAT

Wednesday, August 1, 1934.

(FOR BROADCAST USE ONLY)

Subject: "Meals with a Chilly Look." Information from the Bureau of Home Economics, U.S.D.A.



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Whenever my friends sigh and complain that their children or their husbands or they themselves have no appetite this hot weather, just don't care to eat anything, I think of Shakespeare. He once wrote a couple of wise lines about appetite, you remember -- "Now good digestion wait on appetite, and health on both." Shakespeare didn't know a thing about calories or vitamin content or nutritional needs. But he was wise enough to know that appetite is important for health's sake.

So when the family begins to lose interest in food, the menu-maker will do well to plan meals that wake up appetites. She'll take an interest in the looks of the food she serves. Appearances have so much to do with appetite. And then she'll be careful to give the meal an appetizing start.

Did you ever try planning a meal that will catch your husband's eye, even while he mops his brow and declares that this is the hottest day since eighty-eight? Did you ever try getting a meal together that will make the children happy at the first glance, even though they're tired and cross with the heat? Well, a meal that looks refreshing can do a lot toward lifting up wilted spirits and relieving overheated dispositions.

Away with pork chops, rich steaming stews and rich hot puddings. Away with doughnuts and other fried foods. Away with hot breads and rich food in general, when the sun is beating down outside. The lighter dishes -- egg and milk dishes, salads, fruit desserts and so on -- these are the foods generally most welcome on hot days.

Well, now, let's consider some ways to give a meal a cool start. There are plenty of chilled appetizers that you can count on for this purpose. A nice fruit appetizer for this time of year is half a honeyball melon filled with chilled blackberries. Another is a mixture of diced fruit in attractive colors, chilled and served in a fruit cup.

A tart flavor sharpens the appetite, while too much sweet at the start of a meal dulls it. So be sure not to add much sugar to your fruit appetizers.

Cold mixtures of fruit juice also make good beginnings for summer meals. You'll usually find that you'll have the best results if you combine contrasting colors and flavors in these mixtures. For example, if you combine a sweet fruit

juice like canned pineapple juice with a tart juice like blackberry, you get a pleasant mixture. Again, combine a pale juice like lemon with a colorful juice like grape. You can work out excellent mixtures with the fruits you happen to have on hand.

Have you ever heard of fruit soup? That's an old Scandinavian dish recently adopted by this country. Fruit soup is simply fruit juice slightly sweetened and thickened a little with cornstarch, arrow root or tapioca; then served very cold. Some people like to use a little gelatin for thickening.

Any of these fruit beginners for your meal may be garnished or flavored with mint, if you like. Mint has its own way of suggesting coolness.

We've mentioned before that pleasant custom, supposed to have originated in California, of serving salad at the beginning of any meal. Any kind of tart, crisp, colorful salad perks up the appetite. If you use any dressing with a first-course salad, be sure it's very light and simple, preferably French dressing. Avoid a rich dressing like mayonnaise. The object of the first course is to rouse an appetite for food to come rather than to nourish and satisfy.

And speaking of foods that look cool at any part of the meal, let's not forget the jellied dishes. Cold jellied meat juice -- often called jellied consomme -- is an old favorite for starting the meal. So are cubes of chilled fruit jelly served in a fruit cup. Many people like cold jellied meat loaf or a jellied fish loaf for the main course of the meal. These are very good served with horseradish or a green relish or catsup. You can make a jellied meat loaf of chopped left-over chicken or veal or ham. Jellied salmon or tuna fish makes a good-looking and good-tasting combination. Another nice main-dish mold is jellied chopped hard-cooked eggs and chopped vegetables.

As for jellied salads, their number is legion. A large ring of jellied vegetables served on lettuce makes a handsome hot-weather salad. Small rings of tomato aspic with a ball of cottage cheese in the center are favorite individual salads. A lemon jelly mixture minus the sugar makes a nice base for chopped crisp cabbage, green pepper and raw carrot.

As for jellied desserts, they're also too many to mention. The good old favorites among the plain fruit jellies are lemon juice or lime or cherry juice with sugar for sweetening; gelatin for jelling; and a bit of salt to bring out the flavor. You can serve these plain and clear. Or, you can mold fruits in them. Or, you can beat them up and add stiff white of egg to make a fruit sponge.

The color of food has much to do with that chilly look we're seeking this weather. Of course, crisp, fresh green is a shade that always looks refreshing. That's why green salads have such a special appeal this weather. Probably the coolest-looking colors are the pastel shades -- the natural soft fruit pinks, delicate yellows, and so on. These delicate natural shades usually appear more to the eye than the vivid artificial colors sometimes used in ice creams or cold drinks.

These are just some chilly suggestions I've collected from here and there and am passing along to you. No doubt you have many cool ideas of your own.

Now for our summer-day menu: Cook's salad platter -- a combination of lettuce, tomato, cucumber and green pepper cut up but not chopped in the mixing bowl, dressed with French dressing seasoned with chopped onion, turned out on a platter and surrounded by sardines and deviled eggs; then, crisp heated rolls; and for dessert, Lime ice and wafers.

